

How the Student Life Centre supports personal development

We assist in helping you orientate to university life, handle obstacles and stay on track. We support you to develop necessary life skills at key points in your student journey, so you can make the most of your time here – coming out of university stronger, more reflective and confident in your personal life skills.

Resilience building



Dealing with challenges and obstacles



Balancing demands – finding a work life balance and staying on track



Growing and using a support network



Coping strategies for managing feelings

Identity and self-awareness



Reflection, expression and working out what's really going on



Listening to yourself and learning from experience



Playing to your strengths and coping with weaknesses



Developing insight and direction

Support for life skills



Student finance – budgeting, income maximisation and money saving



Orientation – Living away from home and coping with University life



Being a housemate, living with others, avoiding problems and resolving issues



Protecting yourself and staying safe



Goal setting and sticking to targets

Making a contribution and taking part



Assertiveness and confidence



Identifying how to respond to opportunities



Speaking up – saying it how it is for you



Taking care of yourself and others



Joining in and getting the most from your time here